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Gert Louw

Photo provided by: Gert Louw - (Photographer Adriaan Fourie)

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Redakteurs nota

Hoë lewenskostes en selfone:



Waar gaan dit tog alles eindig? So baie mense sukkel deesdae om kop bo water te hou. Werk is skaars als is duurder en die geld is net te min.
Ek is seker dit klink bekend in elke huis houding.
Vandag wil ek nie negatief klink nie, want sien ek probeer altyd positief wees. Iets het my opgeval en glo my dit het my 'n tydjie geneem om dit raak te sien vir wat dit is. Ek het opgelet dat elke persoon 'n selfoon besit, daar is die wat self twee het.

Moet my nou nie verkeerd verstaan nie, ek is baie lief vir my foon.
Ek wil nie op iemand se tone trap nie. Maar wil ook by sê, dat 'n selfoon mens kan arm maak en ek bedoel nou letterlik arm maak.
Daar is mense wat eers airtime moet hê, voor hulle kan funksioneer.
Hulle kan nie sonder 'n foon nie, die wêreld sal vergaan. Selfs die motorwagte het selfone, almal het een.

Wat word tog van die ou lewe? Ons lewe was so rustig sonder selfone!!!! Vandag is alles net 'n gejaag en nou nog meer as ooit want die fone moet betaal word. Fone beheer mens se lewe. Gaan sit maar in 'n restaurant en hou mense dop, hulle is omtrent heeltyd op die foon. Elkeen is in sy eie wêreld..
Ek kry nou die anderdag 'n e pos wat verkeerdelik na my toe gestuur is. Dit is 'n selfoon rekening van iemand. Vader tog, ek dag ek val van my stoel af. Die rekening is net so oor die R4000. Kan jy nou dink wat jy als kon doen met daai geld. Om R4000 per maand uit jou begroting te neem en dit vir 'n foon. Ag, nee regtig. Die lewe is duur genoeg. Daar is mense wat sonder werk sit, sonder kos. Hoë lewens kostes raak ons almal. Mense maak tyd en doen wiskunde rondom jou selfoon, wat dit jou per maand uit die sak jaag. En neem weer beheer oor jou finansies.

Goeie Nuus:
Ek wil afsluit op 'n hoënoot met iets positiefs... *Top Vibe* word sewe (7) jaar oud in November vanjaar.
Ons geskenk aan ons kliënte is geen prysverhogings in advertensie kostes vir die res van die jaar nie.
Weereens baie dankie vir al ons lojale adverteerder, ons waardeer julle opreg!!!!

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Charlene Xox



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Photo Diary & venue - by Charmaine



Gert Louw - 51 from Western Cape Motivate people around the World


Gert Louw - Photo provided

My video:
https://www.youtube.com/watch?v=p0vPYn_KANE

This is the first time that my past 10 years life story and motivation for my transformation has been put to video, thanks to two people who crossed my path (Adriaan Fourie and Gary King)

It is not something I talk easily about because of all the emotions involved. I see this step of making the video as part of the emotional healing process.

The purpose of this video is meant to inspire and give hope to those that feel they are in a hopeless situation. Life is beautiful and precious and we can never throw in the towel. There is so much beauty in this life but we have to get up and find it.
We don't have to search far but we must take that first steps.

Whatever you might be facing today, there IS HOPE! Had quite a few people ask me how my faith came about. For those interested...this is my story:

My life story. The wrongful actions. My pain. My near-death experience. My death sentence. My new life. My new body.
Important:
This is not meant to offend anyone, this is about my life and the experiences I had.
This is NOT meant to glorify me. All the glory goes to the almighty God, without whom I would not even be here today.
Hopefully this will help the reader to understand why Christ is so central to everything I do. There is no room in my heart that is closed for Christ. He stands in the middle of every room. No matter whether it is bodybuilding, work, sport, socializing, etc With everything, and in everything, I will give the glory to Jesus Christ my savior.
I do not believe or adhere to political correctness. I live my life with the focus completely on God almighty.
Before the age of 40, I lived a life removed from God. Although I did not realize it then, my life was filled with all kinds of sin. I was following the call of the world. I was self-righteous and in my wisdom created a God to suite me. I followed the teaching of the world about God, i.e.: Anything is right, anything goes, as long as it is right or true for me. The God I made up was defined by my own rules. Basically I created my own God. How ignorant I realize I was. How can I tell God how and what He should be! Today I realize that this is actually what most people do
But through all this, God was watching over me and was about to call me with a loud voice. Because he had plans for me, but I was not fulfilling those plans.
Let me take you 16 years back. God, in his wisdom, led me and my wife to start a business. We both resigned from our secure jobs and went head over heel into creating this business. We knew nothing about running a business and less about the field of business we've entered. But God had a plan and He guided us through all the pitfalls and although we were far removed from Him, the business grew from strength to strength against all odds. [That is a miracle in itself. We started the business with $2 266, all the money we had. Today we use nearly a 100 people, most coming from a jobless background and our yearly turnover is in excess of $6 000 000 a lot of money in South African terms! And all this without taking out a single loan to help the business.]
The bigger the business grew the more self-righteous I became and the further removed from God.
I believed I was invincible becoming increasingly depressed and with all this success found no real reason worth living.
I could afford everything my heart want, do anything I want, but simply nothing satisfied me.
Then at age 40 (10 years ago) God spoke to me in a very loud voice. I ended up in hospital fighting for my life with sever kidney and liver issues…
Here is my video on what happened to me:https://www.youtube.com/watch?v=p0vPYn_KANE
I knew (unexplainable and with 100% certainty), the moment I hit the hospital bed, this was God working with me. I knew this was the moment in my life where I had to choose between life and death in more than one way.
Then the news came from the doctors: You've got about three years to live.
My battle with God was over. I surrendered. I can remember how I was lying in my gymroom flat on the ground on my stomach in front of Christ, crying for forgiveness. My sins I've done in the past against God just became crystal clear to me. Where I had no remorse in the past, my heart was just filled with painful remorse. My past life was in front of my eyes all my sins, all my self-righteousness and self-glorification. I literally felt the presence of God and His purity and holiness and this overwhelmed me. It made me realize really how impure I was and how much I've hurt Him through my past actions.
I laid everything before Him and pleaded forgiveness by the blood of Jesus. It was an extremely emotional period for me and I cried before God a lot. There were a couple of times that Jesus lifted me up from this despair with and awesome peace and love. The joy I felt at moments like that was awesome amazing.

My life changed full stop. I repented my sins before Christ (each one of them), I accepted Christ as my savior and I accepted that He died for my sins on the cross and I turned from my ways
My depression disappeared. I wanted to follow Christ with all my heart and started living just for Him. Everything I did was focussed on Him and for His glory. I cut out everything that was part of this world from my life and brought Christ in the middle of everything.
I started doing weightlifting seriously and even with that, Christ was in the middle of it. There was no aspect or facet of my life where Christ was not part of it.
The emotional healing continued.
The business went further from strength to strength.
My health continued to increase.
We started with various gospel projects at work and then my eyes started opening and I saw what God had in plan for me all along and why He pulled me closer to Him when I did not listen to His calls. With our gospel projects at work, we reached more than 100 families most of who renewed their faith in God and drew closer to Him. Our company's number one priority became to glorify Christ.
We started sponsoring missionaries (and some of our own people are now in missionary/outreach work)
We became involved in many gospel projects to spread the word and uplift disadvantaged communities.
Money was of less importance to me, but God blessed us so much that the more we give the more we had.
This is now just over 11 years since the doctors told me my fate. But God had other plans for me. I regained most of my health and the doctors were amazed. I looked physically the best I've ever looked in my life. I am at peace and every day is a joy for me. It is the most amazing path to follow Christ. Everything I entrust to Him (my life, health, big+small problems) and its incredible how He flattens the bumps in my road and bring peace to it.
I live very close to God now. Sometimes I can literally hear God speaking to me. I daily lay all my problems before Him and he gives me clarity each and every time. Every day I am so amazed by the wisdom and greatness of God.
A couple of months ago I had an amazing vision while praying. God took me from where I was kneeling and the next moment I was kneeling at the feet of Christ. It all was so vivid. The peace and love were so amazing. It was one of the most wonderful and powerful experiences of my life.
And lastly, after 17 years of marriage God blessed my wife and me with a child. Little Janu is now 9 years old, perfect and preciously beautiful. I can already see his arms and shoulder muscles developing His name Janu means, gift from God. My life before Christ was empty, painful and meaningless. I cannot in words express the amazing changes my life went through when I started following Christ. All I can do is pray that everyone receive the opportunity to experience the love, peace and fulfillment it brings when following Christ with ALL your heart.
When I see the pain and suffering people bring upon themselves, the self-glorification, the sexual perversion, the drug abuse, the gods we create for ourselves, the pain we are causing God, I just want to shout out from a mountain top Open your eyes people the real God is out there and you have no idea the love He has for you, Stop telling God how he should be and listen to what God says He is! [God almighty gave us a detailed account of His being in His word that stands forever: The Bible]
I wanna give u Proverbs 16:3.
Commit to the LORD whatever you do, and he will establish your plans…

All my training tips, programs and diets are for free in my blog:www.gertlouw.com

Please when you visit Gert's blog remember to tell him that you read his Article in Top Vibe Magazine.

Thank you.

Charms

Wat is jou vraag?



Fotograaf: Charmaine Janse van Rensburg

Dr. Quinten Fourie antwoord jou vrae:

Hoekom is my keel heeltyd seer?
Ek is al raadop. My keel bly heeltyd seer maark nie saak wat die seisoen is of watter medisyne ek gebruik nie.
Wat veroorsaak dit of hoe kan ek ontslae raak daarvan?



Die algemeenste oorsaak is gewoonlik bakteriële infeksie soos verkoue, klierkoors, griep, masels, waterpokkies, kroep, kinkhoes, witseerkeel, MIV en steptokkus, of inflammatories wat insluit rook, neigende mond-asemhaling snags, kronsiese allergie, kroniesesinusdrup, maagsuur refluks in slukderm.



Watter natuurlike middels is daar teen naarheid?
Ek kan geen naar pille drink nie dan voel ek nog meer goor.

Daar is 'n paar homeopatiese middels beskikbaar (Emmex-stroop, Emetrol -stroop, Pegasus-tablette, Pepto-Bismol, Maalox,Mylanta en Neuzene). Probeer joernaal hou van dinge wat geassosieer kan word met die naarheid. Druk jou duim hard op die teenoorgestelde gewrig vir dertig sekondes om aandag af te trek van die naarheid. Gaan lê vir 'n wyle as daar geassosieerde dronkheid voorkom, vermy onaangename reuke.

Hoe kan ek my bloedsuiker konstant hou?
Ek eet nie ontbyt nie, en voel teen 10H00 vreeslik goor en duiselig. Wat moet ek doen?



Ek weet dis 'n *clichè*, maar ontbyt is regtig die belangrikste ete van die dag omdat dit die metabolisme *kiekstart.* Om te verhoed dat jy goor voel, eet drie hoofmaaltye en twee of drie klein *snacks* deur die dag. Eet ook kos met 'n lae GI.
Dit sal jou suikervlakke konstant hou en jou energievlakke verhoog.



Maak my tande my siek?
Ek het gehoor dit is baiebelangrik om gereeld te vlos, nie net vir jou tande nie maar ook vir algemene gesondheid.
Hoe gereeld moet ek vlos?

Om jou tande te vlos help om kossukkies, plake en bakterieë tussen die tande te verwyder, veral daar waar die tandeborsel nie kan bykom nie. Dit help nie net met algehele tand-en-mondgesondheid nie, maar ook, volgens studies om hartsiektes te voorkom.
Jy moet tenminste een maal per dag vlos.

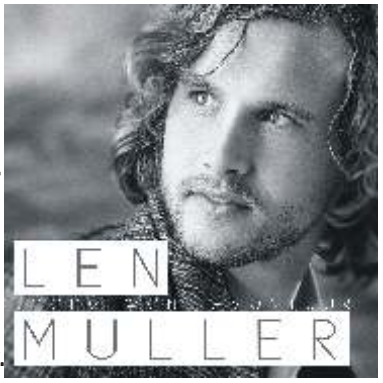
Stuur gerus jou vraag na charmaine@topvibe.co.za met die opskrif "vrae wat pla". Dr. Quinten Fourie sal dit beantwoord, in ons volgende uitgawe. (Jy kan anoniem bly)

Baie dankie Dr. Quinten Fourie vir die tyd wat jy afsonder om hierdie vrae van ons lesers te beantwoord..

Geniet jou gesonde leefstyl, stuur jou vrae in.

Groete tot volgende maand.

Len Muller



Voorheen bekend as die voor-sanger van die alternatiewe rock groep *Foute*- het aan die einde van 2011 besluit om 'n solo loopbaan aan te pak. Hy het Richardsbaai vir Pretoria se liggies verruil en oor 'n tydperk van driejaar sy oorspronklike material geskryf Len se eerste EP Album getitteld, *Len Muller*, is in 2012 by Wynand Delport produksie op-geneem en dieselfde jaar nog uitgereik.

Die laaste twee jaar skryf en werk Len aan sy debuut album, *Doodgewone avontuur,* wat amptelik op 27 Mei 2015 uitgereik is. Daar is tien splinter nuwe liedjies wat vars, uitdagend en eie aan Len se skryfstyl is. Medeskrywers sluit die befaamde Bos, Retief Burger (Luidkeels), Bouwer Bosch (Straatligkinders en Dans Dans Liza asook Jattie de Beer (Vertikaal en Dou voor Dag) in.
Die uniekheid van die nuwe album kan ook toegeskryf word aan die insluiting van verskeie ander kunstenaars (Stef, Joshua na die Reën en Janie Bay) wat saam met Len op van die liedjies sing.

Gedurende Augustus 2014 is een van die liedjies, "*Smag na Jou"*, landwyd aan radiostasies uitgereik en die reaksie was en is steeds oorweldigend.
Die liedjies het op talle radiostasies se treffer parades gepruik en was ook vir verskeie weke op GrootFM "Groot 20"
Die konsep vir die musiekvideo van "Smag na Jou" is geïnspireer deur die behoefte die boodskap van die lied op die beste oor te bring, maar ook om Len Muller bekend te stel.

Om hierdie begeertes 'n werklikheid te maak was dit 'n voorreg om saam met 'n baie kreatiewe span van *Duck Soup Production* (www.ducksproductions.com) te werk. Jana van Deventer en haar man, Eugene, se sterkpunt is juis konsep-ontwikkeling en was hulle dus die perfekte vennote vir die vervaardiging van die musiekvideo "*Smag na Jou".* Om Len se talent nog beter ten toon te kan stel was dit 'n voorreg om saam met *Raldo Mattheus* (tjello-en-basspeler), *Fred de Meilon* (trom speler) en goeie vriend, *Leslie van Wyk* (elektriese kitaar), te speel.
Die video kan gereeld op kykNET SABC2, ASTV, Tshwane TV en MK Skole Top 10 gesien word.
"Smag na Jou" musiek video: https://www.youtube.com/watch?v=KSmA5mZCPkA

Een van Len se groot drome het waar geword toe "Smag na Jou" gekies is om een van die liedjies op die klankbaan van die nuwe Afrikaanse familie-film, *Strikdas* te wees. Die film is vroeër in 2014 landwyd in teaters vertoon en die lied verskyn ook op die klankbaan. Nie net het 'n klankbaan droom van Len waar geword nie, maar 'n groot eer het hom te beurt geval Len is deur kykNET en Afri-visie genader om 'n nuwe lied *"Iets om in te Glo"* (geskryf deur Mynardt Smith) op te neem.
Die liedjie het 'n plek in die Top 10 finaal behaal waartydens Len die liedjie voor 'n stampvol Grand West Casino opgevoer het.

Die lied is op 4 Mei 2015 amptelik aan radiostasies landwyd uitgereik, klim steeds die trefferparades en is ook op Len se dubuut album *Doodgewone Avontuur*, beskikbaar.

"My lirieke is baie persoonlik, diep en eerlik. Dit kom byna netso uit my persoonlike joernaal. Ek wil hoop in mense se lewens insing en diè bemoedig wat deur swaar tye gaan. Ek is moeg vir veral Afrikaanse musiek sonder enige emosie. Ek glo ek het mer om oor te sing as net geld, meisies en goeie tye. Die mooiste liedjies vir my is hartseer liedjies; want moeilike tye is ook deel van die lewe waardeur ons almal gaan. Sê Len Muller".

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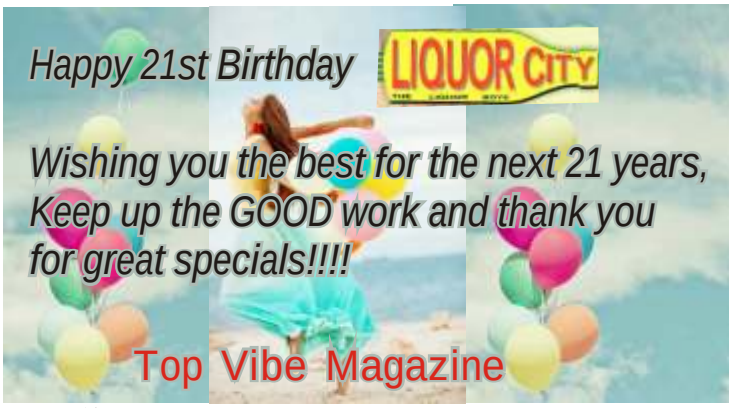
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Storie en nogmaals stories.

Kyk, dit is altyd lekker om so in ‘n openbare plek te sit en vir mense te kyk en net dalk praat hulle hard genoeg dan kan jy na hulle stories luister.
Dit gebeur toe nou die dag in ‘n baie bekende eetplek, rustig “mind my own business” en by die tafel agter my sit ‘n paartjie en ek kan my ore nie glo nie. Hulle sit daar en rusie maak. Kan jy glo so in die winkel. Nou sit ek daar nie gevra om na hulle storie te luister nie, maar moet nou maar want hulle praat so hard ek kan nie ander as om te hoor nie.

So lui die gesprek: Sy: “ek is moeg vir jou wat elke naweek wil gaan visvang” Hy: “ag tog dit is al plesier wat ek het” Sy: “o ek beteken vir jou net mooi f@#all?” Hy: “nee my vrou ek het dit mos nou nie gesê nie”... Stilte die kelner is by die tafel. Sy: “dit is jou vriende wat jou so beinvloed julle wil net suip en vang nooit eers ‘n vis nie”. Hy: “kan ons nou net klaar kry met die geveg” Sy: “ek sal ophou sodra ek my sê gesê het”
Weer so stilte die kelner is by die tafel.
O genade, daar trek hulle weer los, ek kan nie help om te wonder as hulle so in ‘n eetplek aangaan hoe gaan hulle dan by die huis tekere.

Ek sit later met ‘n smile op my gesig want die geveg gaan nêrens!!! Sy sê, hy sê!!! Hulle kelner is weer by die tafel en daar is weer ‘n stilte. Hulle eet en daar word nie verder ‘n woord gesê nie.

Met die kom daar ‘n jong dame ingestap en gaan sit by die tafel skuins agter hulle. Die stilte word verbreek met die woorde, “wat kyk jy die vrou so aan”? “Eet jou kos” met so paar vloek woorde tussenin, en daar begin die tweetjies weer van vooraf. Met ‘n nuwe geveg!!!
Dit is toe dat ek besluit om op te staan en te loop, voordat ek iets sê wat ek nie moet nie.
.

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All advertising clients do get a copy.

E-MAIL **Sê jou Sê:** Het jy gedagtes, menings, stories of voorstelle om met ons te deel? Stuur ‘n e-pos: charmaine@topvibe.co.za of pos ‘n brief na Posbus 60130 Vaalpark 1946 GEEN naamlose briewe sal gelees word nie:- skryf asb jou naam en van agter op die koevert.

Liefste Mamma,

(kom van Facebook af, wil dit tog deel nie almal het Facebook nie)

Ek is nou in die hemel, en sit op Jesus se skoot. Hy is baie lief vir my en het saam met my gehuil, want my hart was gebroke toe ek in mamma se magie was.
Ek wou so graag mamma se dogtertjie gewees het. Ek verstaan nie so mooi wat gebeur het nie. Ek was so opgewonde toe ek van my bestaan bewus geword het! Ek was in 'n donker, maar veilige en gemaklike plek. Ek het gesien ek het vyf vingers, en vyf tone.
Ek was al redelik vêr ontwikkel, maar nog nie naastenby gereed om my gemaklike omgewing te verlaat nie. Die meeste van my tyd het ek geslaap...

Van my vroegste dae het ek al die spesiale band tussen mamma en myself gevoel. Soms het ek gehoor hoe mamma huil, en dan het ek saam met mamma gehuil Soms het ek mamma hoor gil en skree, en daarna het mamma weer gehuil.
Ek het ook vir pappa hoor skree, houe teen jou maag gevoel. Ek het gehoop mamma sal sommer vinnig beter voel. Ek het gewonder hoekom mamma so baie huil. Eendag het mamma amper die hele dag gehuil, en my hartjie was so seer vir mamma se part! Ek kon nie dink waarom ma so ongelukkig was nie.

Daardie selfde dag het die vreeslikste ding gebeur. Lelike monster was skielik in my warm veilige plek! Ek was vreeslik bang! Ek het weer die houe gevoel. Ek het begin skree, en gehoop mamma sal my kan help, Maar miskien kon mamma my nie hoor nie. Omdat mamma self seer het.
Die monster het nader en nader aan my gekom, ek het geskree en geskree, Mamma, mamma, help my asseblief, mamma help my, ek is bang!
Ek was so onsettend bang gewees, ek voel nou nog die boosheid wat my genader het..Ek het geskree en geskree todat ek nie meer kon nie...Toe het die monster my arm begin afskeur!
Dit was verskriklik seer, so seer dat ek dit nie vir mamma kan beskryf nie.
Maar dit was net die begin, hoe het ek gesmeek dat die monster moet ophou nie! Weereens kom die monster nader en skeur my been af, hoe onsettend seer was dit nie.

Ek het geweet ek is besig om dood te gaan, ek het ook geweet ek sal mamma se gesig nie in hierdie lewe sien nie... Ek sal ook nie weer hoor hoe mamma vir my sê mamma is lief vir my nie.
Ek het so gehoop ek sou mamma se trane kon wegneem. Ek het so baie planne gehad om mamma gelukkig te maak. Maar nou, nou is my drome verpletter deur hierdie monster.
Deur al die pyn wat ek moes deurmaak, was die seerste pyn toe my hartjie breek. Meer as enige ding op aarde wou ek mamma se dogtertjie gewees het.
Maar vergete was dit nou, want ek was besig om 'n aaklige pynlike dood te sterf.
Ek kon my nie voorstel wat se aaklike dinge hulle met mamma moes doen!
Ek wou so graag vir mamma vertel hoe lief ek mamma het voordat die monster my heeltemal verslind, maar het nie geweet watse woorde ek kon gebruik wat mamma sal verstaan nie.

Maar ek sal dit ook nie kan sê nie, want ek het nie meer genoeg suurstof om te lewe nie. Ek voel hoe ek doodgaan, maar is bewus van 'n groot engel wat my dra na 'n pragtige plek. Ek het steeds gehuil, maar die liggaamlike pyn was weg.
Die engel het my na Jesus toe geneem, en my op Sy skoot gesit.
Hy het gesê Hy het my lief, en Hy is my Vader. Toe was ek gelukkig!
Ek het Jesus gevra watse ding was dit wat my so seergemaak het, en my eintlik toe dood gemaak het. Hy het geantwoord – Jou Pa het my kind.
Hy het toe gesê: "Ek is jammer my kind, maar Ek weet hoe dit voel om verwerp te word. Ek het nie geweet hoekom nie, maar aangeneem dat die monster se naam my "Pa" is..

Ek skryf aan mamma net om te sê hoe lief ek mamma het, en hoe graag ek mamma se dogtetjie wou wees...Ek is so jammer dat pappa dit gedoen het.
Ek het baie hard probeer om te lewe, want ek wou lewe, ek het die wil gehad om te lewe, maar die monster was te sterk vir my gewees.
Dit het my arms en bene afgesuig, en daarna my hele menswees vernietig.
Dit was onmoontlik om te bly lewe. Mamma, asseblief pasop vir "Pa" die monster!
Mamma, ek het mamma lief en wil nie hê mamma moet weer deur die pyn gaan wat ons albei moes deurgegaan het nie.
Wees asseblief versigtig..

Baie liefde
Mamma se baba dogtertjie .....



5 Tips for Managing Triggers during Addiction Recovery.

SANCA Vaal Triangle is an outpatient rehabcentre treating addiction in the Vaal Triangle (a registered NPO). Everyday, we assist addicts and their families to recover from the

devastating effects of addiction.

Addiction can include the abuse of various kinds of substances such as alcohol, prescription medicines and illegal street drugs. However, addiction also includes potentially addictive behaviours that can develop such as gambling and sex addiction.

As an organisation, we believe in imparting knowledge and practical tools, which addicts in recovery can use to maintain their sobriety.

Completing treatment for any kind of addiction is a major accomplishment. But the real work starts after your initial rehabilitation process. If you are a recovering addict, making a commitment to abstinence from drugs and alcohol every single day is vital.

You will encounter cravings for your drug of choice, and for any escape, an opportunity to numb out, and perhaps, sometimes, an overall desire to not feel what you are feeling.

You will encounter triggers in the form of events, people, and subsequent emotions that will make you want to drink or get high again. What can you do in these situations?

Here are **5 tips** for managing triggers during recovery from addiction:

1. Identify your personal triggers.

Everyone is different, so every recovering addict's set of triggers will be different as well. Some common triggers are walking by a bar, seeing someone who is drunk or high, getting paid, the end of a grueling workday or -week, getting into an argument with someone, and being bored.

2. Know what you are working with.

Triggers and cravings are a very real part of recovery. Do not try to fool yourself into thinking that they will not happen to you. Instead, know your triggers, stay open to anything that may surprise you, and have a plan for when you feel yourself being triggered.

3. Practice your trigger and sobriety plan.

Role play, even just with yourself in the mirror, what you will do when you feel like using again. You may save yourself from a rough day, a temporary lapse, or a full relapse back to drug and/or alcohol abuse. SANCA Vaal can readily provide you with a sobriety plan.

4. Take care of yourself.

You can handle triggers more easily when you are eating and sleeping well, exercising, and remaining aware of your emotions. You are probably familiar with H.A.L.T.: **H**ungry, **A**ngry, **L**onely, **T**ired. These four things are said to cause more lapses and relapses.

When you are taking care of yourself you can identify when you feel any of the four, and that is when you can take action. Taking action, but not reacting, puts you back into the driver's seat. The trigger may be emotionally affecting you, but you will not act on it. If you are hungry, you will eat. Tired? Take a nap or at least rest your eyes or meditate. Lonely and angry can be a little harder to manage, but phone a friend (or your sponsor) and talk it out.

5. Do not test yourself. Stay smart, not strong.

If you know that walking by a bar or club is a definite trigger for you, for example, then do not knowingly walk by a bar/club to see if your recovery is as strong as you believe it to be. Maybe that time you are able to avoid going into the bar. But the seed of a trigger is planted. Something else you have not identified yet as a trigger can occur, and the combination can lead you right to a drink.

There is no need to test yourself. When you identify your current triggers, are aware of what you are working with, practice a plan, and employ good self-care, you are managing your triggers during recovery from addiction.
Tips courtesy of Kate Green.

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